
Group Fitness Instructor Resume

Job Objective

Seeking a position as a Group Fitness Instructor within your valued institution where I can utilize my education, experience and teaching abilities.

Work Experience:

- Group Fitness Instructor, 2006 to Present
 - Planet Fitness, Austin, Texas
 - Coordinated personal training, group fitness, wellness and health promotion programs.
 - Instructed classes on floor cardio, kickboxing, jump rope, resistance training, Yoga, spinning and trekking.
 - Conducted motivating group fitness cardiovascular conditioning classes based on current standards.
 - Monitored equipment maintenance and provided aerobics, stretch and yoga classes.
 - Guided and taught individuals and groups through several exercise activities.
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Summary of Qualifications:

- Extended ability to train individuals, groups and corporate clients
 - Wide knowledge of fitness, nutrition, wellness and life management skills
 - Sound public speaking and time management
 - Strong ability to conduct injury rehabilitation programs
 - Immense ability to instruct participants with varying skill level
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Education:

B.S in Physical Education, 2004, Dartmouth University
Group Fitness Certification, 2006, Johns Hopkins University

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